

# Treatment of Psychological Disorders

Due Date:

1. What are the aims and methods of <b>psychoanalysis</b> ? (include a discussion of <b>resistance</b> , <b>interpretation</b> , and <b>transferring/transference</b> ).	4. Describe <b>client-centered therapy</b> and give an example.
2. What is the purpose and practice of <b>psychodynamic therapy</b> ?	5. Define <b>active listening</b> and given an example.
3. How do psychoanalysts and humanists both use <b>insight therapy</b> ? Explain.	6. Explain the process of <b>unconditional positive regard</b> .

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<p>7. Describe <b>behavior therapies</b>, and explain what they assume.</p>	<p>10. Explain how <b>systematic desensitization</b> works by giving an example.</p>
<p>8. Explain the classical conditioning technique of <b>counter-conditioning</b> and explain how it works during therapy.</p>	<p>11. Explain <b>virtual reality exposure therapy</b> and give an example of how it works.</p>
<p>9. What are <b>exposure therapies</b> and how do they work?</p>	<p>12. Copy the chart of page 612 and explain how it demonstrates <b>aversive therapy</b>.</p>

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13. How do psychologists use **token economies** to modify behavior? Explain using an example.

16. What are the aims and benefits of group and **family therapy**?

14. What does **cognitive therapy** assume?

17. Explain how clients perceptions, clinicians perceptions and outcome research determines whether psychotherapy works.

15. Explain **cognitive-behavioral therapy** and give an example. **\*VERY important\***

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18. Explain <b>evidence-based practice</b> .	21. What three elements are shared by all forms of psychotherapy? Explain each.
19. What is Eye Movement Desensitization and Reprocessing (EMDR)?	22. How do culture and values influence the therapist-client relationship? Explain.
20. What is <b>light exposure therapy</b> ?	23. Explain <b>biomedical therapy</b> and give an example.

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24. Explain **psychopharmacology**.

27. What are some **mood-stabilizing medications**? How do they work and when are they used?

25. Describe **antipsychotic drugs** and explain why and how they are used. Give some examples.

28. What is **electroconvulsive therapy (ECT)**? When is this type of therapy used and how does it work?

26. What are **antidepressants**? Explain how they work and when they are used. Copy the diagram on page 631 to support your answer.

29. Describe the **repetitive transcranial magnetic stimulation (rTMS)** procedure. How does it work and when is it used?

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30. What is **psychosurgery**? Explain when it's used and explain the most famous of these procedures: the **lobotomy**.

31. How, by caring for their bodies with a healthy life-style, might people find some relief from depression?

32. How can building **resilience** help to prevent psychological disorders? Explain using examples.